Reinvention: The Other Side of Uncertainty

Module 7. From "What Now ?" to "What's Next!": The Excitement of Reinvention



Reinvention: The Other Side of Uncertainty

Perseverance and persistence.

When you are dropped into an environment that challenges your stability and reality, there is no quitting. The only forces you can count on are your spirit, character and experience.

That's the great lesson that earns your place in the world.

Sebastian Copeland

Author, Explorer, Photographer



Action Planning and Next Steps

- · Set goals
- · Define action steps
- · Set target dates
- Take action
- · Review progress
- · Celebrate successes



Activity: Your Personal Action Plan

- · See the Personal Action Plan worksheet
- · Instructions:
 - Use the form to identify goals for your reinvention (See the Personal Action Plan Worksheet)
 - Think about what you will need to be successful. Do I need guidance (Community College Counselor, the EAP, etc?)
 - What actions are necessary to initiate and nurture your reinvention?
 - Who needs to know that you're actively reinventing your life and circumstances? Who will provide support? Who are my detractors?

Review and Update regularly

MHN

Looking Ahead to Module 8

The Momentum of Reinvention: Your Action Plan

- · Where We Have Been
- · What Are Your Next Steps?
- Conclusions





Resources

- CDCR Office of Employee Wellness 855-897-9822
- · Your local Peer Support Team
- CDCR Layoff Resources website: http://www.cdcr.ca.gov/layoffresources/Index.html
- EAP
- Other

